


# Ista Wicayazan Wi-2020

Mon	Tue	Wed	Thu	Fri
2 	3	4 Cereal, lil long john, Fruit Beef/bean burrito, cheesy rice, peas, mandarin oranges	5 Biscuit, sausage gravy, fruit Hotdogs, Mac/cheese, green beans, grapes	6 Cereal, toast, fruit Fish sticks, tri-hash browns, carrots, orange slices
9 Breakfast pizza, fruit Hamburgers, beans, baked fries, watermelon	10 Oatmeal, toast, fruit Chicken alfredo, garlic toast, green beans, mixed fruit	11 Egg omelet, cheese, biscuit, fruit Beef gravy/potatoes, mixed vegetables, banana, bread	12 Cereal, toast, fruit Scalloped potatoes/ham, peas/carrots, pears, biscuit	13 Biscuits/sausage gravy, fruit Pizza quesadilla, tropical fruit
16 Cereal, toast, fruit Taco's, refried beans, mixed fruit	17 Mini-pancake, sausage, fruit Pizza, broccoli, pineapple	18 Malt-o-Meal, Toast, fruit BBQ, beans, chips, mandarin oranges	19 Pancake wrap, fruit Chicken tenders, tri-tator, broccoli, peaches	20 Cereal, toast, fruit Super Nachos, refried beans, sliced peaches
23 Breakfast burrito, fruit Meatballs, mashed potatoes, corn, Banana	24 Cereal, toast, fruit Chicken strips, fries, corn, apple sauce	25 Yogurt, fresh fruit, cinnamon roll Chili, biscuit, oranges	26 Cereal, toast, fruit Spaghetti, meat sauce, bread sticks, pears	27 Breakfast Pizza, fruit Pizza, Broccoli, grapes
30 Breakfast Sandwich, fruit Cheeseburgers, hotdogs, green beans, peaches	31 Cereal, toast, fruit Pulled pork sand, beans, watermelon, chips			Menu always subject to change

*Breakfast served with 100% juice choice daily ~ All grains served are at least 55% whole ~ 6 foot fresh garden bar is available daily*

*Fat Free, 1%, and Lactose/Fat Free unflavored milk are choices at each meal ~ Monday and Thursday Fat Free Chocolate Milk is an added option*